Activity Journal

BPK 110

Name: Tracey Ho

Date: Day 1, Friday, 11 Sept., 2020

Activity	Duration (round to nearest half hour)	Intensity (light, moderate, vigorous)
Brushing teeth/washing face/getting dress	0.75 hour	light
Preparing breakfast + lunch	0.75 hour	light
Eat breakfast (sitting at computer)	0.5 hour	light
Go to bb collaborate for BPK class	1.83 hour	light
Eating lunch (sitting)	0.5 hour	light
Zoom with facilitator	1 hour	light
Go to bb collaborate for BPK tutorial	.83 hour	light
Using iPad	1.75 hour	light
Snack	0.25 hour	light
Go to bb collaborate for IAT tutorial	1.83 hour	light
Walking to a park and take pictures	**1 hour**	moderate
Walking to supermarket	**0.5 hour**	moderate
Shop at supermarket	0.25 hour	light
Walking back home	**0.5 hour**	moderate
Making dinner	0.5 hour	light

Table 2

Activity Journal

. Eating dinner (sitting)	0.5 hour	light
Doing homework	1.5 hour	light
Take a bath/get chance	0.75 hour	light
iPad and video game	1.5 hour	light
Sleeping	7.01 hour	light

Time Sleeping: 7.01 hours Time Awake: 16.99 Sedentary Time: 14.99

Table 2

Activity Journal

BPK 110

Name: Tracey Ho

Date: Day 2, Saturday, 12 Sept., 2020

Activity	Duration (round to nearest half hour)	Intensity (light, moderate, vigorous)
Brushing teeth/washing face/getting dress	0.75 hour	light
Playing video game (sitting)	2.5 hours	light
Eating snack (pistachio) + drinking water (sitting at computer)	0.25 hour	light
Studying BPK	1.75 hour	light
Eating yogurt + drinking water	0.25 hour	light
Youtube	1.25 hour	light
Eating Dinner + Dessert (sitting)	0.75 hour	light
Replying emails, Social media	1 hour	light
Doing homework/studying for quiz	2.5 hour	light
Watching TV	0.75 hour	light
Eating snack	0.25 hour	light
Take a bath /get chance	0.75 hour	light
. Sleeping	11.25 hr.	light

Time Sleeping: 11.25 hours Time Awake: 12.75 Sedentary Time: 12.75

Table 2

Activity Journal

BPK 110

Name: Tracey Ho

Date: Day 3, Sunday, 13 Sept, 2020

Activity	Duration (round to nearest half hour)	Intensity (light, moderate, vigorous)
Brushing teeth/washing face/getting dress	0.75 hour	light
Walking to the library	**0.25 hour**	moderate
Reading in the library	1 hour	light
Walking to McDonalds Restaurant	**0.5 hour**	moderate
Eating at McDonalds /Reading a comic book at McDonalds	1.75 hour	light
Walking to the park / home	**1.5 hour**	moderate
Drinking water (sitting)	0.02 hour	light
YouTube/Email/Social media	0.75 hour	light
Doing homework/ studying for quiz	3.5 hours	light
Eating dinner + dessert	0.75 hour	light
Putting dishes away / tidying kitchen	0.25 hour	light
Watching TV	0.75 hour	light
Take a bath and get chance	0.75 hour	light
Sleeping	11.48 hours	light

Time Sleeping: 11.48 hours Time Awake: 12.52 hours Sedentary Time: 10.27 hours

Table 2